

Study on the Reform of Physical Education in Universities from the Perspective of General Education

Feng Wang

Nanjing Institute of Visual Arts, International College, Nanjing, China

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Abstract: With the development of the times and the reform of education, professional education mode gradually replaced the traditional education form. Although professional education can effectively improve the learning of college students' professional knowledge, it also makes students have limited understanding of non-professional knowledge to a certain extent. In view of this problem, colleges and universities begin to attach importance to the development of general education in education. Therefore, from the perspective of physical education, this paper focuses on the exploration of physical education reform in Colleges and universities from the perspective of general education.

1. Introduction

The word “general education” comes from the west and is a liberal education thought with humanism as its core. It believes that the cultivation of students lies in the cultivation of their personality and comprehensive quality. Different from professional education mode, general education has a wider scope, is not limited to professional training, and has non-utilitarian characteristics. It not only pays attention to the study of students' basic knowledge and skills, but also pays attention to the cultivation of students' good learning attitude, laying a good foundation for the all-round development of college students. As an important part of the cultivation of college students, physical education plays an important role in the development of general education in colleges and universities, and is the main way of talent development. Therefore, the reform of college physical education in the perspective of general education is the imperative for the development of college education the road [1].

2. The Current Situation of Physical Education in Colleges and Universities

From a practical point of view, there are some urgent problems to be solved in the development of physical education in our country, such as the lack of clear teaching objectives. Therefore, physical education needs to be improved and perfected. In addition, some colleges and universities carry out physical education completely according to foreign teaching methods, which seriously deviates from the development needs of our students and cannot give full play to our own advantages in physical education. In view of the above situation, we must analyze from the perspective of students' needs, understand and master the psychological needs and physiological needs of students according to the actual situation, and teach students in accordance with their aptitude as the core of the teaching concept, and develop a physical education curriculum system that is in line with the development of Chinese students. College students in China create a relaxed and enjoyable environment for sports learning.

In practice education, we found that when colleges and universities set up physical education courses, they did not analyze from the perspective of subject professionalism, but adopted a one-size-fits-all approach to formulating courses, and did not link physical education courses with other professional disciplines. There is no innovation or reform of the traditional physical education model. Therefore, we must pay attention to this problem. Only through continuous reflection and introspection can we improve the reform and innovation of education and teaching, and then train more excellent comprehensive quality talents to contribute to the development of society [2].

3. Problems in College Physical Education from the Perspective of General Education

The difference between general education and specialized education lies not only in the different educational modes, but also in the different educational concepts. The educational concept of general education aims at educating people rather than simply instilling knowledge. Unlike professional education, general education does not only aim at teaching professional knowledge, but focuses on humanistic education, allowing students to freely make diversified choices, which embodies its non-utilitarian characteristics. In teaching, the celebrities who we admire are the qualities that respect their independent personality and independent thinking. This is also the teaching purpose pursued by general education. Therefore, education can not be the same as the production of products, the education of the assembly line is exactly the same students, but to fully respect the personal characteristics of students, to cultivate and develop the personal spiritual qualities of students. Therefore, educating talents is the essence of general education. At present, although the reform of education in colleges and universities in China has undergone major changes, it still cannot be integrated with the concept of general education, and still faces many problems that need to be solved.

3.1 Lack of exercise awareness

Through investigation and research, it is found that due to the heavy homework and the increasing richness of daily life, college students generally lack physical exercise, and do not recognize the importance of exercise, physical fitness is weak, most of them are in a sub-healthy state. Most students are tired of the current physical education teaching mode and physical exercise form, usually just to cope with the curriculum and do some exercise required by the curriculum. Intermittent exercise often has a negative impact on students' physical function, forming a vicious circle. At present, the physical fitness index of college students in our country is generally on the low side, the health level is far lower than the standard requirements, and the test results are not good. This situation leads to the physical function of students getting worse and worse, and also greatly reduces the enthusiasm and initiative of students to participate in physical exercise [3].

3.2 Physical education teachers lack knowledge of general education

From the perspective of physical education teachers, they are not only the implementers but also the promoters of educational reform. Teachers' teaching ability and teaching attitude often directly determine the quality of teaching. At present, most college PE teachers in our country lack the cognition of general education, which is related to the training process of PE teachers. Most of the PE teachers in colleges and universities come from PE colleges and universities. The training of PE teachers in PE majors is mainly based on skill education. Therefore, the trained teachers cannot meet the needs of general teachers. Although Chinese physical education colleges have increased the cultivation of humanistic literacy on the basis of only focusing on professional skills training, the foundation is still weak, and the progress of practice development and the advancement of reform cannot be consistent. However, it should be noted that the application of general education can effectively help physical education teachers to understand the connection between physical education and other disciplines. If physical education teachers can understand and master general education, and introduce general education into teaching. Then, the physical education teacher can understand the inner needs and ideas of the students in real time, thereby enhancing the effective communication between the physical education teachers and the students, and promoting the development of the relationship between teachers and students. Therefore, in order to improve the quality of physical education, physical education teachers need to study and analyze how to fully integrate general education in the teaching process.

3.3 Practice physical education is inconsistent with general education theory

Physical education is based on the theory of physical education, but the current development of college sports is still based on traditional educational concepts. Without recognizing the importance of general education theory, the reform and innovation of physical education in colleges and

universities has been seriously Obstruction. In view of this situation, how to use physical education theory in physical education in the teaching process, and how to improve and improve the teaching of college sports theory is an urgent problem. The investigation found that many current curriculum guiding ideologies believe that students have mastered the sports skills and completed the teaching objectives even after completing the teaching tasks, while ignoring the importance of sports theory teaching in general education. In addition, inadequate theoretical teaching will lead to students unable to recognize the importance of physical education curriculum, not only the lack of a certain knowledge structure, but also the lack of basic skills to know theory and practice. Therefore, physical education teachers need to enhance their understanding of general education theory, recognize the value of general education theory teaching, train students in theoretical teaching, so that students can understand and master the overall requirements of physical education curriculum, recognize the pluralistic value of physical education curriculum, and enable students to participate in physical exercise. Strengthen physical fitness and establish the concept of lifelong physical education [4].

3.4 Backward sports teaching mode

The general low physical fitness of college students is directly related to the lack of physical exercise. The development of backward physical education teaching mode has affected the reform process of College Physical Education and seriously hindered the development of College Students' physical education. The traditional teaching mode of physical education is usually based on the arrangement of curriculum contents by teachers. Students complete the courses within the prescribed time, and conduct a unified assessment of students' physical education achievements at the end of the term. The teaching form of this mode leads to the teachers' broad requirements in daily exercises and the students' lack of serious attitude, which leads to many physical education teaching problems. For example, the physical education teachers attach too much importance to the mastery and understanding of basic knowledge and neglect the mastery of key points and skills in sports, thus making the students lack the enthusiasm and enthusiasm for learning and unable to participate in the learning of physical education courses.

4. The Reform Objectives of College Physical Education from the Perspective of General Education

4.1 Build a comprehensive knowledge system

From the perspective of general education, physical education in colleges and universities should pay attention to the construction of a comprehensive and integrated educational knowledge system, so as to comprehensively improve the knowledge and cultural accomplishment of college students. According to this cognition, the non-professional characteristics of general education are more and more prominent. Compared with professional education, physical education in colleges and universities belongs to non-vocational education. Therefore, physical education teachers are required to continuously broaden their research and vision and enrich their teaching contents. On the basis of the traditional teaching mode, reform and innovation can build a physical education curriculum that conforms to the general education theory, enhance students' cultivation of sports history and spirit, and deepen students' cognition of physical education curriculum.

4.2 Effectively improve the effect of physical education

From the perspective of cultivating students' potential, college physical education teaching is of great significance. It can not only improve students' physical quality in sports, but also cultivate students' team spirit and consciousness in sports, and promote the comprehensive and harmonious development of College students. Only by combining basic knowledge with professional knowledge can students better understand the role of education and actively participate in learning.

4.3 To carry out the cultivation method of teaching students in accordance with their aptitude.

The model of general education advocates paying attention to the development of students'

personalities. Physical education teachers should formulate training programs that meet the needs of different students according to the actual development of different students, so as to tap and promote the development of students' personal expertise. Each student's physical and physical qualities are fundamentally different. The training method of teaching students in accordance with their aptitude can not only meet the individualized development needs of each student, but also conform to the current educational reform characteristics, so that the advantages of general education can be fully exerted.

5. Reform Strategies of Physical Education in Universities under General Education

5.1 To innovate and reform the teaching concept of physical education

As an important part of physical education reform, physical education teachers can fully guarantee the effective implementation of educational reform and development. In the process of college physical education reform from the perspective of general education, teachers should innovate and reform physical education teaching concepts from the perspective of general education, and fully respect students' personality characteristics. And the education and teaching theory into the teaching of college physical education, on the basis of improving students' physical quality, but also pay attention to the development of students' mental health, to cultivate high-quality talents with comprehensive quality for the society [5].

5.2 Opening Olympic courses

Using sports education to train students' ability to adapt to society is the main purpose of college physical education. As a precious heritage of modern human spiritual civilization, the modern Olympic movement can not only be widely accepted by teenagers, but also give full play to its essential role to effectively improve the physical and mental health of teenagers. Therefore, through multi-angle deepening research, the Olympic movement can be integrated into the physical education curriculum in colleges and universities, and the knowledge and accomplishment of Olympic culture can be instilled into students, thus improving students' enthusiasm and enthusiasm for physical exercise. Open the Olympic course, tell the Olympic events, characters and the stadium to the students, let the students better understand the Olympic culture, and promote the all-round development of general education and physical education through the integration of the Olympic spirit.

5.3 Reform of the content of physical education curriculum

For College students, good physical exercise can effectively improve their physical and mental health. In addition, from the perspective of general education, the reform of the content of physical education curriculum can enable college students to grasp and recognize the importance of physical culture and physical education in physical exercise. Only by continuously improving and innovating curriculum reform can we meet the needs of the times and the process of educational reform. Only by paying attention to the integration of diversity and diversity in general education in physical education can we promote students' all-round and comprehensive development.

6. Conclusion

With the rapid development of social economy, the demand for human resources is increasing day by day. Therefore, in order to respond to the call of the society and meet the development needs of the society, we should reform physical education from the perspective of general education, deeply understand the role of general education, and continuously innovate and perfect physical education. However, there are still many problems that need to be solved in the process of college sports reform. This requires the physical education educators to correct the shortcomings and problems in the teaching reform on the basis of enriching their own cognition, combined with the actual situation in China. The state of development, absorbing advanced teaching experience at home and abroad, and promoting the reform of college physical education under the perspective of

general education.

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